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Longwood at J.M. Butler's Establishment for the Insane, Philadelphia.

FRIENDS ASYLUM FOR THE INSANE.
PHILADELPHIA.

Forty-second Annual Report

ON THE STATE OF

THE ASYLUM,

FOR

THE RELIEF OF PERSONS

DEPRIVED OF THE

USE OF THEIR REASON.

PUBLISHED BY DIRECTION OF THE CONTRIBUTORS, THIRD MONTH 1859.

PHILADELPHIA :

PRINTED BY JOSEPH RAKESTRAW.

1859.

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1859/60

SUPERINTENDENT'S REPORT.

THE Superintendent, herewith presents his Report for the year ending Second month 28th, 1859, being the forty-second since the opening of the Institution.

At the time of the last Annual Report, there were 62 patients in the Asylum, and 24 have been received since, viz: 14 men and 10 women, making a total of 86 who have been under care during the year. The greatest number in the House at any time was 67; the smallest 62; and the monthly average during the year was about 64, which is somewhat greater than last year.

Of the 86 patients who have been in the Institution, during the year, 3 have deceased, and 21 have been discharged; of whom 10 were men, and 11 women; leaving 62 under care at the expiration of the year; of whom 31 are men, and 31 are women.

Of the ten men discharged, six were restored, one was improved, three were stationary. Of the eleven women discharged, five were restored; one was much improved; three were improved; two were stationary. Of those who were discharged restored, five were in the Institution less than three months; three from three to six months, one from six months to a year, and two for more than a year; and the average dura-

tion of treatment in these cases, was five months and twelve days.

Twenty-six cases have been under treatment for the cure of their mental disorder, of which seventeen were recent and nine were chronic. Of the chronic cases, four have been discharged, three of whom were restored, one was stationary, and five remain; of whom one is much improved, two are improved, and two are stationary. Of the recent cases, ten have been discharged, two have died, and five remain; of these, two are restored, one is improved, and two are stationary. Of the ten recent cases discharged, eight were restored, one was much improved, and one was stationary.

Of the three deaths that occurred, one was of a man forty-seven years of age, who had spent about ten years in the Asylum, having been the subject of Epilepsy since his seventh year. For the last two years he was in a very feeble condition, scarcely able to move from his bed to his chair. He died from the gradual exhaustion of the powers of life, consequent on the long continuance of Epilepsy. The second was a female, who was admitted with symptoms of Acute Meningitis, and died three days after her admission. The last, a man advanced in life, was brought to us in a sinking condition from an attack of Acute Mania, and died also three days after entering the Institution.

In reviewing the condition and operations of the Asylum during the past year, we are sensible of

having great cause of thankfulness for many blessings dispensed by the Almighty Giver, for the almost entire exemption of our inmates throughout the year from severe indisposition—for the quiet, good order and comfort which have been enjoyed by those under our care, and for the measure of success that has attended our efforts for their improvement and recovery. The Institution has been as full during the year as was consistent with the welfare and comfort of its inmates, to all of whom it was the means of affording more of the blessings of life, than they could have enjoyed out of such an Institution, while nearly one-half of all the cases received have been restored to reason and the society of their friends.

The contentment, cheerfulness and general good feeling which have prevailed, the regret which the patients have sometimes manifested to one another, and to their attendants on leaving the Institution, the rare attempts to escape that have been made by our inmates, are so many evidences that they are themselves conscious of the advantages they enjoy in their seclusion from the world, under the sheltering roof of the Asylum. After recovery has been completed, and the patients have been restored to their families and friends, the numerous letters received from them, and their not unfrequent visits to the Institution, show with what satisfaction they look back upon the portion of time spent here, and in what light they regard those who have been instrumental in their restoration.

When we reflect on the large numbers of the insane, who from mistaken views of kindness, or from sordid motives of economy are kept at home by their friends, sometimes confined within the four walls of a single room—sometimes in out-houses, or even to this day, bound with chains; and of others who on account of indigent circumstances, are compelled to linger out their lives in almshouses, or are consigned to prisons, and contrast their condition with the lot of those who enjoy the privileges and comparative freedom of well conducted Asylums, it is much to be regretted, that our laws have as yet failed to make such provision, as would secure all classes of the insane against the misery and suffering to which so many of them are still subjected.

The following Statistical Tables have been carefully prepared.

TABLE I.—Showing the number of patients of each sex discharged, their condition at the time of discharge; the number at present in the House, and the whole number admitted since the opening of the Institution.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Discharged—Restored,	330	296	626
“ Much improved,	56	57	113
“ Improved,	84	84	168
“ Stationary,	114	113	227
“ Died,	99	92	191
Remaining,	31	31	62
Total,	714	673	1387

TABLE II.—Showing the sex and civil state of 1387 patients as far as recorded.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Single,	356	299	655
Married,	241	243	484
Widowers and Widows,	32	65	97
Unknown,	85	66	151
Total,	714	673	1387

TABLE III.—Showing the duration of Insanity in 1387 cases.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Less than one year,	409	378	787
From 1 to 5 years,	184	182	366
“ 5 “ 10 “	42	38	80
“ 10 “ 20 “	29	24	53
“ 20 “ 30 “	17	16	33
“ 30 “ 40 “	0	8	8
“ 40 “ 50 “	7	9	16
Unrecorded,	26	18	44
Total,	714	673	1387

TABLE IV.—Showing the age of 1387 patients at the time of their admission.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Under 20 years of age,	44	53	97
From 20 to 30	221	189	410
“ 30 “ 40	169	143	312
“ 40 “ 50	109	137	246
“ 50 “ 60	97	87	184
“ 60 “ 70	52	41	93
“ 70 “ 80	19	15	34
“ 80 “ 90	3	7	10
“ 90 “ 100		1	1
Total,	714	673	1387

TABLE V.—Showing the residence of 1387 patients.

Pennsylvania,	974	<i>Brought forward,</i>	1366
New Jersey,	203	Canada,	5
Maryland,	55	Alabama,	3
Delaware,	38	Louisiana,	3
New York,	27	District of Columbia,	2
North Carolina,	19	West Indies,	2
Virginia,	18	Florida,	1
Massachusetts,	12	Michigan,	1
Ohio,	9	Georgia,	2
Missouri,	4	South Carolina,	2
Rhode Island,	4		
Indiana,	3	Total,	1387

TABLE VI.—Showing the occupation of 714 male patients as far as recorded.

Farmers,	176	<i>Brought forward,</i>	384	<i>Brought forward,</i>	427
Merehants,	37	Jewellers,	3	Engraver,	1
Clerks,	35	Tailors,	3	Brush-maker,	1
Tanners & Curriers,	19	Cabinet-makers,	3	Dyer,	1
	00	Shoemakers,	3	Carman,	1
Physicians,	14	Brokers,	3	Overseer,	1
Teachers,	11	Laborers,	3	Plasterer,	1
Carpenters,	11	Publishers,	2	Tinman,	1
Lawyers,	9	Machinists,	2	Gardener,	1
Students,	9	Dentists,	2	Confectioner,	1
Manufacturers,	8	Navy Officers,	2	Segar-maker,	1
Druggists,	7	Silversmiths,	2	Gold-beater,	1
Inn-keepers,	6	Millers,	2	Hatter,	1
Blacksmiths,	5	Masons,	2	Whip-makers,	1
Stone-masons,	5	Bricklayers,	2	Livery-stable keeper,	1
Operatives,	6	Coopers,	2	Wheelwright,	1
Artists,	4	Engineer,	1	Contractor,	1
Printers,	4	Watch-maker,	1	Sexton,	1
Painters,	4	Potter,	1	Book-binder,	1
Sailors,	4	Shop-keeper,	1	None,	12
Butchers,	4	Coach-trimmer,	1	Unrecorded,	257
Clergymen,	3	Cashier of Bank,	1		
Planters,	3	Saddler,	1	Total,	714
<i>Carried forward,</i> 384		<i>Carried forward,</i> 427			

TABLE VII.—Showing the cause of Insanity in 522 cases.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Ill-health,	41	79	120
Intemperance,	75	0	75
Domestic trouble,	15	58	73
Puerperal,		29	29
Loss of property,	24	3	27
Excitement about religion,	6	17	23
Organic disease of brain,	16	5	21
Anxiety,	10	10	20
Disappointment,	4	15	19
Masturbation,	17	2	19
Epilepsy,	12	5	17
Grief,	1	13	14
Over-exertion,	6	7	13
Abuse of opium,	2	7	9
Blow on the head,	6	0	6
Fear,	3	3	6
Old age,	3	2	5
Jealousy,	2	3	5
Excessive study,	2	1	3
Sudden wealth,	1	2	3
Insolation,	2	1	3
Syphilis,	2	1	3
Hardship and exposure,	2	0	2
Nostalgia,	0	2	2
Excessive use of tobacco,	0	1	1
Healing of ulcer,	1	0	1
Poison of lead,	1	0	1
Pawnychia,	0	1	1
"Spiritualism,"	1	0	1
Total,	255	267	522

TABLE VIII.—Showing the age at the time of the first attack of Insanity in 602 cases, admitted since 1842.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Under two years,	58	52	110
Between 20 and 30,	110	93	203
“ 30 “ 40,	58	58	116
“ 40 “ 50,	33	50	83
“ 50 “ 60,	24	24	48
“ 60 “ 70,	11	13	24
“ 70 “ 80,	7	8	15
“ 80 “ 90,	0	3	3
Total,	301	301	602

Causes of Insanity.—It is sometimes very difficult to obtain any satisfactory information of the causes which have led to an attack of Insanity. It is generally the case that a number of circumstances have co-operated in bringing about that disordered condition of the brain and nervous system, of which impairment of the reasoning faculties is the prominent symptom. It sometimes happens that an hereditary or acquired predisposition is so strong, that the disease gradually becomes established without any exciting cause that can be discovered on the closest examination; and in other cases, in consequence of this morbid tendency, a very slight cause is sufficient to give rise to an attack. The foregoing table includes only the exciting causes, or those which appeared on close scrutiny of the patients, and of the information received from their friends, to be the most efficient in the production of the disease. Insanity is generally a functional disorder of the brain,

in which the organ becomes affected sometimes through the operation of causes acting directly upon it; at others, through sympathy with disease located in some other organ.

It is sometimes a symptom of structural disease of the brain or its membranes, in which cases it is accompanied with convulsions or paralysis; often with complete loss of memory and gradual decay of all the mental faculties, and terminating fatally in a comparatively short time. According to the above table, a very common mode in which the brain becomes affected in insanity, is through sympathy with disease in some other part of the system. One hundred and twenty cases out of five hundred and twenty-two, in which the causes have been ascertained and recorded, having been produced by various forms of ill-health. In intemperance on the other hand, which produced the disease in seventy-five cases, the offending cause acts directly upon the brain. The cases, however, which are the immediate consequence of intemperate habits, represent only a portion of the mental disorder that is caused by this truly degrading and destructive vice. The pecuniary distress and ruin of many families, the domestic unhappiness and difficulties, and the physical and mental degradation of offspring that it entails, add many cases to the frightful amount of insanity directly produced by intemperance. No case of insanity in a female has been recorded as directly owing to this cause; but the very large number of cases of the diseases of females arising

from "domestic trouble," may doubtless in part be accounted for, by the mental distress and suffering introduced into families by the intemperance of husbands, fathers, or brothers.

Moral Treatment of the Insane.—There is reason to believe that many persons in the community, have very incorrect ideas in regard to the character of the mental and moral manifestations of the Insane, and the kind of treatment that is best adapted to their condition. To many minds, the word Insanity conveys only the idea of violence and destructiveness, which render the patient dangerous; and the first thought that presents itself is, how to prevent him from doing injury to himself or others. A short time ago, it was the common practice to place the insane in close confinement, or to bind them with chains, and to attempt to subdue the unruly spirit by stripes and low diet, and we believe that many of this afflicted class are still subjected to much hardship and suffering, in consequence of the attempts that are frequently made to take care of them at home, instead of sending them to an institution where their disease is understood and can be properly treated. If an attempt of this kind is made in the case of a violent or destructive lunatic, common safety requires that he should be confined in such a manner as will effectually prevent him from doing injury. If, on the other hand, such a patient is taken to an Institution, he is placed under the care of persons who are familiar with all the manifestations of his disorder, who know how to

humor his insane fancies, and to allow him to give vent to his excitement, without injury to himself or others. His attendants know that he is in a condition of morbid nervous excitability, and that every painful or disagreeable impression is felt much more acutely than in health. They consequently understand the policy of avoiding every word or action that would be calculated to displease or annoy him, and of endeavoring by kind and conciliatory language and deportment, to gain his confidence and good will.

In consideration of this morbid sensibility, which often leads the insane to regard them as punishments, we dispense as much as possible with all painful remedial measures, such as cups, blisters, setons, issues, shower-baths, &c., but seldom resort to seclusion in a room, and never to mechanical restraint, unless the Insanity is complicated with some serious physical disorder or injury, which requires absolute repose for its proper treatment. When a patient is too noisy or destructive to associate with others, we place him in a spacious corridor, or in pleasant weather, allow him the range of a large yard, under the supervision of a special attendant, who interferes with his movements only when necessary to prevent him from doing unwarrantable mischief. He is thus permitted to work off his excitement, which he will do with less trouble to his attendants, and fewer disagreeable consequences to himself, than by any other plan of treatment that can be adopted.

Cases of furious maniacal excitement are, however,

comparatively rare in Asylums for the Insane. Their excitement is generally harmless in its character, or the mental condition may be one of depression, in which the patients are more likely to look up to those among whom they are placed for shelter and assistance, than to consider them as enemies; and it is much more frequently necessary to use every endeavor to raise them up out of their helpless and desponding condition, than to make use of any means for subduing excitement. In these cases, every effort is made by kind and considerate attention to all their wants, to soothe and encourage them, and to awaken their dormant feelings of self-respect, and confidence in the goodness of an overruling Providence. Cases might be mentioned where the feelings have been touched in this way, and patients after their recovery have spoken of some simple act of kindness as being the means of inspiring them with better feelings after many months passed in almost hopeless despondency.

In many recent cases of Insanity, the disease is principally manifested in the emotions and moral feelings of the patient, rather than in the intellectual processes themselves, which are frequently but little affected, notwithstanding the existence of positive delusions. This emotional disorder is generally observed for some time before decided symptoms of mania make their appearance, and by some writers is considered as constituting of itself a distinct form of Insanity. However this may be, it is frequently a

prominent feature in mania, the delusions of which sometimes appear to grow directly out of it. The false ideas respecting the conduct and motives of their best and nearest friends and relatives, which are so commonly manifested by the Insane, and the animosity sometimes displayed by patients who have been discharged imperfectly cured, towards those who have had the care of them in public institutions, may be considered as originating in this morbid condition of the emotions and moral feelings. Where delusions are the direct consequence of this emotional disturbance, it is manifest that arguments addressed to the reason alone can have but little effect upon the patient. When they are however addressed to the moral feelings and sensibilities of the patients in the form of constant endeavors to benefit, to soothe, and to encourage them, the delusions will gradually vanish, in proportion as the emotional disturbance diminishes, until they recover the entire possession and use of their rational faculties.

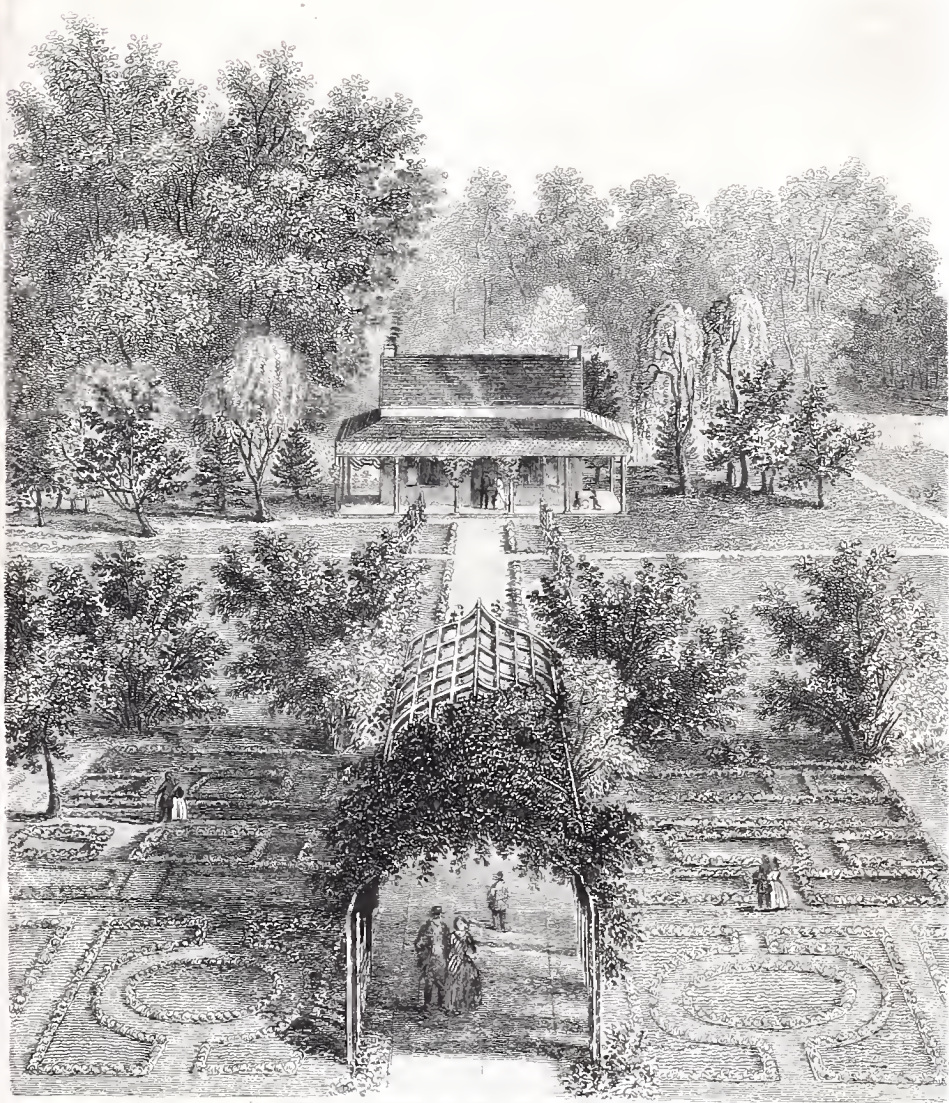
Moral treatment in its widest sense embraces every thing that acts beneficially upon the disordered sensibility of those affected with Insanity, and tends to restore it to a natural and healthy condition. Every thing that promotes a cheerful and contented spirit—that occupies the mind agreeably, to the exclusion of morbid fancies, or that interests or amuses the patient, may be employed in the moral treatment of the insane.

The location of an Institution in the country, where

it may be surrounded by neat and well kept gardens and grounds, and by beautiful natural scenery, has an important influence on the mind and feelings of its inmates, by presenting to the eye a constant variety of agreeable objects. Such a location, with a sufficient quantity of land attached, is indeed indispensable to the successful operation of an Asylum for the Insane, since in no other way can the same variety of interesting and useful employment for its inmates be provided as is furnished by occupations of farming and gardening. Our Institution is happily situated in this respect, and the success that has attended it, is an evidence of the wisdom and foresight that actuated its founders at a time when there were either in this country or in Europe, few successful examples of Institutions for the insane.

Light, cheerful and neatly furnished apartments, with proper regard to the material wants of the Insane, are among the means best calculated to promote a feeling of general comfort and contentment. Books, pictures, maps, engravings, newspapers, stereoscopic views, lectures and exhibitions, are well adapted to excite the interest of the patients, and to stimulate to the rational exercise of the mental faculties, and thus prevent them from being occupied with morbid fancies. Games and amusements especially, when they are of a kind which keep the attention strongly fixed, are beneficial in the same way.

The influence of the Insane on each other, is also believed to have a salutary tendency. A cheering



word spoken by one who has himself been a sufferer and is recovering from the disease to a newly arrived patient, has frequently been a source of comfort and satisfaction to the latter, while the sympathetic feelings thus awakened and called into exercise, have tended no less to the benefit of the convalescent. The exercise of the social feelings among the insane has the same effect as is produced by the means employed in their moral treatment, and prevents that concentration of the mind on the subject of their delusions, in which they are prone to indulge, and promotes a more natural and healthy condition of the emotions and sentiments. The occupations and amusements in which they share in common, as well as their community of suffering, tend in a great degree to keep up a kind feeling amongst themselves in the exercise of which the general comfort is greatly promoted. The amount of entertainment they are capable of affording each other, in the intervals of their own distresses, is much greater than would be supposed by any one not familiar with their disease. One man at present in the Institution, who is the greater part of the time impressed with the belief that he is "almost gone," is an excellent ventriloquist and mimic, and often amuses his companions by his ludicrous delineations of character. Another, who fancies that he has no stomach, will sometimes by an indescribable sort of pleasantry, in which no trace of insanity is perceptible, attract the attention of all in the room, and appear entirely to forget for the time his own unhappiness in contributing to the amuse-

ment of others. The groundless pretensions of a third to superior knowledge and attainments have often been the subject of the harmless wit of his companions, and a timely remark directed by one fellow patient against the irrational conduct or ideas of another, has sometimes produced an impression that has been of lasting benefit.

Farm, Garden and Grounds.—The land attached to the Institution, besides contributing to the supply of the material wants of the family, has been of additional value, in affording facilities for the employment, recreation and exercise of the patients that could be obtained in no other way. As the only object of this kind of occupation is the advantage of those engaged, it is the care of the physician to guard against their doing more than is likely to be beneficial. Only the lighter kinds of farm work are permitted, and the time for this exercise is limited to about three hours daily in suitable weather. To those, especially, who have been accustomed to agriculture or horticulture as a pursuit, the farm during the season of planting and gathering the crops, furnishes occupation well calculated to excite interest, as well as to supply physical exercise; and the garden affording its bountiful supply of daily nutriment, receives in return the grateful tribute of labor. The extensive grounds, consisting of about thirty acres of woodland, grove and lawn, require considerable labor to keep them in order, a part of which is performed by the patients. This portion of the property, with its pleasant walks, sheltered by fine trees from the oppressive heat of

summer, is daily resorted to in pleasant weather at all seasons by most of the inmates. The land, it will thus appear, constitutes an important curative agency in the treatment of the patients. It is designed to be occupied for their exclusive benefit, and as it is important that their privacy should not be invaded while they are engaged in their occupations or their daily exercise, every effort is made to keep them private and free from all intrusion.

Improvements and Repairs.—Considerable improvement has been effected during the year by the erection of additional fencing upon the grounds, for the purpose of shutting out trespassers and intruders. With this object about twelve hundred feet of picket-fence seven feet, and six hundred and fifty of the same five feet high have been erected. In the garden, between five and six hundred feet of dry hard walk, neatly bordered with box edging, have been provided, giving increased freedom of exercise in damp weather. A new tool-house, thirteen by eighteen feet has been constructed for the use of the gardener. The shed for visitors' horses has been removed to a better location, and a considerable amount of grading has been done on the grounds. A new apothecary shop adjoining the lecture-room, provided with every necessary convenience, has been fitted up, greatly facilitating the labors of this department. A patent Shaker washing machine, worked by the steam-engine, has been placed in the Laundry, performing all the labor without the necessity of washing by hand. It does the work thoroughly; is only employed two days in the week, and

has so far effected a saving of one-third of the labor formerly employed on washing and ironing. The floor of the main Hall of the centre building has been renewed; a furnace has been added to the womens' Lodge, and a new one has been put up in the mens' Lodge in the place of one that was worn out.

Conclusion.—It is extremely gratifying to be able to state, that in no instance during the year, has a case in which there was reasonable probability of a cure, been removed in consequence of the inability of the friends to meet the expense of keeping the patient longer in the Asylum. Cases of this description have heretofore been under our care, of a peculiarly distressing character, in which the good that has been done, and the expense already incurred, has been entirely lost by the patients being removed before recovery was perfected, in consequence of the limited circumstances of their friends. Though private liberality has been the means of relieving some such cases, yet there have been others which were not met in this way.

In the confident expectation, that through the continued liberality of the friends of the Asylum, funds will be provided enabling us to extend the benefits of the Institution; and with thanks to all who have been associated with me, for the cheerful performance of arduous and responsible duties, and to the Managers for their uniform kindness and support, this Report is respectfully submitted.

J. H. WORTHINGTON.

Philadelphia, Third month 1st, 1859.

FORTY-SECOND ANNUAL REPORT,
OF THE
MANAGERS OF THE ASYLUM,
TO THE CONTRIBUTORS.

At the time of the last Report, the 1st of the Third month, 1858, there were 62 patients under care ; since which 24 have been admitted—making 86 as the total number of those who have enjoyed the benefits of the Institution during the year.

Of these, 21 have been discharged and 3 have died. Of those discharged, 11 were restored ; 5 improved, and 5 stationary.

From the Treasurer's account, which is herewith presented, it appears there is a balance in his hands on general account of \$482 2. On account of the Trust Legacies, the income of which is applicable to the relief of a certain class of patients in restricted circumstances, there was also a balance of \$397 52.

There has been charged to

Farm and Family account, . . .	\$11,193 86
Salaries and wages, . . .	6,385 36
Medical Department, . . .	233 13
Annuities,	450 00
Incidentals,	138 90

Total expenses, \$18,401 25

The amount charged for Board of

Patients has been,	\$19,344 28
Interest and Ground Rents received, .	156 93

Total income, \$19,501 18

The products of the Farm have been 363 bushels of potatoes, 102 bushels of wheat, 27 two horse loads of hay, 1,749 pounds of pork, 400 pounds of veal, an abundant supply of vegetables for the use of the family, together with the usual amount of milk, butter, eggs, poultry, &c.

During the past few years, many improvements and alterations have been made upon the Asylum premises at very considerable expense, and each succeeding year has its claims upon the attention of the Managers in the necessary performance of duties connected with the preservation of the property in a neat and attractive form, and providing for the comfort and convenience of the family. A few items may be enumerated.

A new floor has been laid in the main halls of the

centre building ; a tool house has been erected in the garden, 13 by 18 feet in size ; about 650 feet of pale fence, 5 feet high, and 1,150 feet of the same 7 feet high, has been put up, securing a large part of the grounds from intrusion. Nearly 1,500 feet of rail fence has been made on the farm ; a smoke house has been erected ; the shedding for horses has been removed to a more convenient position ; and a new Apothecary shop has been fitted up in the mens' lower wing, instead of the old one, which was in the third story of the centre building in a much less accessible and convenient location.

The Asylum is regularly visited as heretofore every week by three Managers, nearly all of them in rotation taking part in the service. The visiting Managers go through the building and premises occupied by the patients, and see and converse with them generally. A standing Committee of the Managers also continue frequently to visit the Institution for the purpose of consulting with the Superintendent, and aiding him in the discharge of his onerous duties.

It is one of the advantages of an Asylum like ours, with a comparatively small number of patients, that each individual can be daily brought immediately under the notice of the Superintendent and Physician, a kind of supervision which it must necessarily be difficult to extend, when the number is very large.

The Report of our able and experienced Superintendent will inform the Contributors more in detail

respecting the Institution and the condition of its afflicted and deeply interesting family. We believe his best efforts have been exerted for the welfare of those committed to his charge ; and that the Asylum was never in a more satisfactory state than at present.

Our esteemed friend Josiah Dawson, formerly a Manager of the Asylum, whose decease occurred a few months since, has by Will bequeathed certain valuable Real Estate, the clear proceeds of which shall constitute a permanent fund in the care and control of the Managers,—the nett income to be applied exclusively to the payment of the expenses and charges for board, &c., at the Asylum, in whole or part for patients, whether members of the Society of Friends or others.

The property so bequeathed, consists of two contiguous houses and lots of ground, situate on the east side of Second street, between Arch and Race streets, and a house and lot situate on the east side of Front street, north of Chestnut street. The property was charged with the payment of three Life Annuities, of \$150 each, and one of \$120.

We have also been informed by an extract from the Will of our late esteemed friend Jane Clark, that she had directed her Executors to pay into the hands of our Treasurer, the sum of eight hundred dollars, without any deduction, (the Legacy to be applicable to the general purposes of the Institution,) which amount has been received from them.

These evidences of kind regard and appreciation of the usefulness of the Institution committed to our care are encouraging, and induce the hope that under the Divine blessing, the Asylum will continue to be sustained; and that similar liberality and benevolence on the part of those whom Providence has entrusted with the means of doing good, will long make it an efficient agent in relieving one of the greatest afflictions to which human nature is liable.

Signed by direction and on behalf of the Managers.

CHARLES ELLIS, *Clerk*.

Philadelphia, Third month 14th, 1859.

OFFICERS AND MANAGERS.

CLERK OF THE CONTRIBUTORS,

William Bettle, No. 426 North Sixth Street.

TREASURER,

Horatio C. Wood, No. 612 Race Street.

CLERK OF THE BOARD OF MANAGERS,

Charles Ellis, No. 229 South Eighth Street.

PHYSICIAN AND SUPERINTENDENT,

Joshua H. Worthington, M. D.

MATRON,—Margaret H. Worthington.

MANAGERS.

William Hilles,
George G. Williams,
Samuel Bettle, Jr.
Charles Ellis,
Jeremiah Hacker,
William Bettle,
James Thorp,
Horatio C. Wood,
John C. Allen,
John Carter,

John M. Whittall,
Mark Balderston,
Benjamin J. Crew,
Richard Richardson,
Wistar Morris,
Samuel Morris,
Elihu Roberts,
Elliston P. Morris,
William L. Edwards,
Nathan Hilles.

COMMITTEE ON ADMISSIONS.

Samuel Bettle, Jr. No. 149 North Tenth Street.

Charles Ellis, No. 229 South Eighth Street, and No. 724 Market Street.

William Bettle, No. 426 North Sixth Street, and No. 26 South Third Street.

John C. Allen, No. 335 South Fifth Street, and No. 321 North Front Street.

Horatio C. Wood, No. 612 Race Street, and No. 117 Chestnut Street.

John M. Whittall, No. 1317 Filbert St., and No. 410 Race St.
Wistar Morris, No. 209 South Third Street.

Nathan Hilles, Frankford.

INFORMATION RESPECTING THE ADMISSION OF
PATIENTS INTO THE ASYLUM.*

The Institution is open for the reception of all classes of the Insane, without regard to the duration or curability of the disease. It is proper to state, however, that idiots or persons affected with mania-a-potu are not considered suitable subjects for this Asylum.

Previous to a patient being taken to the Institution, it is necessary to arrange the rate of board with the Committee on Admissions, and to furnish them with a Certificate of insanity from some respectable physician, accompanied by a request from a guardian, near relative, or friend, that the individual may be received into the Asylum.

For the payment of board, &c., a Bond must be signed by some responsible persons as sureties, one of whom must reside in or near Philadelphia.

The charge for board includes washing, medicines, medical attendance, &c.

If private attendants are deemed necessary, or desirable, they can at all times be furnished, by a special arrangement with the Superintendent.

The following are the forms for Physician's Certificate, for the Request for Admission, and for the Bond.

* Letters sent by mail to the Asylum, should be directed "Frankford Post Office," Philadelphia.

PHYSICIAN'S CERTIFICATE.

HAVING on the day of mo. 18 , examined
 of aged years, I hereby certify from
 my own knowledge, that is in a state of insanity, and
 proper to be received into a house provided for the relief of persons of
 that description.

I further certify, that the Answers annexed to the following Questions are correct, as far as I can judge.

18

Physician.

A thorough knowledge of the history of cases of Insanity being important to those concerned in their treatment, the friends of patients applying for admission into the Asylum, are particularly requested, with the aid of the Physician, to furnish full and explicit Answers to the following

QUESTIONS.

1. Is the patient single or married? What has been the patient's occupation?

Answer.

2. What is supposed to be the cause of this attack of insanity?—When and how did it first show itself?

Answer.

3. On what subjects, or in what way is derangement *now* manifested? Have there been any fixed delusions? Is the patient rational at intervals?

Answer.

4. What has been the duration of the present attack? Have there been one or more previous attacks, and if so, of what duration and at what age?

Answer.

5. What relatives of the patient, including grand-parents and their descendants, have been insane?

Answer.

6. Had the patient previously been subject to Epilepsy, diseases of the skin, discharges or sores, or any other bodily disease; or, had he or she received any injury of the head?

Answer.

7. What derangement of the general health has accompanied the mental disorder?

Answer.

8. Was the patient noted for any eccentricity or peculiarity of temper, habits, disposition or pursuits?

Answer.

9. Is the patient noisy or violent, or disposed to injure him or herself or others? If so, in what manner?

Answer.

10. Has the patient ever attempted suicide? If so, in what way? Is there *now* any propensity of the kind?

Answer.

11. Is the patient addicted to any mischievous practices, such as destroying clothing, breaking glass, furniture, &c.? What are the habits as regards eating, sleeping, and cleanliness?

Answer.

12. Has the patient been addicted to the use of ardent spirits, tobacco, opium, or any other stimulants?

Answer.

13. Has restraint or confinement been employed; if so, of what kind and how long continued?

Answer.

14. State the general course of medical and moral treatment which has been pursued, and the effects observed therefrom?

Answer.

Please mention any other circumstances which may serve to throw light on the case.

REQUEST.

Request that _____ who is
in a state of insanity, may be admitted as a Patient into the "Asylum
for the Relief of Persons deprived of the use of their reason."

BOND.

APPLICATION is hereby made for the admission of _____
as a patient into the Asylum for the relief of persons deprived of the
use of their reason; upon whose admission, we severally engage to
provide a sufficiency of suitable clothing for _____ use whilst

there; to pay to Superintendent of said Institution, or to his assigns or successor in office, dollars per week, for board; and not less than four weeks' board to be paid under any circumstances; the said charge for board to be continued until shall be regularly discharged; and to make compensation for all damages done by to the glass, bedding, or furniture, and to cause to be removed when discharged;—but if taken away *uncured*, against the advice and consent of the Superintendent before the expiration of three calendar months, to pay board for thirteen weeks.

Witness our hands and seals, this day of A. D. 18

WITNESS.

(L. s.)

(L. s.)

The foregoing preliminaries having been complied with, an order is given by the Committee on Admissions, authorizing the Superintendent of the Asylum to receive the patient.

OF THE VISITORS TO THE ASYLUM.

When near relations or particular friends of patients, desire to be admitted to see their connexions, application must be made to the Superintendent, who may allow such visits, when circumstances will admit.

As the general admission of visitors would be improper and injurious to the patients, no persons, except as above, shall be admitted to the apartments occupied by patients, unless introduced by a Manager; but on application to the Superintendent, they may be shown such parts of the building and appendages as are not so occupied.

In order to preserve quiet on the first-day of the week, visiting on any account on that day, either in the house or on the premises, will not be permitted, unless under very peculiar circumstances.

ANNUITIES.

A mode of obtaining contributions by annuities, not much known amongst us, but familiar to Friends in England, has been agreed on by the Contributors. On paying any sum of money to the Trea-

suror, for the use of the Institution, interest of six per cent. thereon, is annually to be paid to the annuitant; at whose decease the interest money ceases, and the principal remains the property of the Asylum. This mode will probably be convenient to many who are desirous of promoting the designs of the Institution, and yet do not prefer making any considerable donation during their lifetime.



FORMS OF LEGACY.

I. FORM OF A BEQUEST OF PERSONAL ESTATE.

“I give and bequeath to A. B. and C. D., and the survivor of them, and the executors and administrators of such survivor, the sum of _____ in trust for the use of an Institution in Philadelphia, known by the name of ‘The Contributors to the Asylum for the relief of persons deprived of the use of their reason,’ and to be paid by the said Trustees to the Treasurer for the time being of the said Institution.”

II. FORM OF A DEVISE OF REAL ESTATE.

“I give and devise to A. B. and C. D., and their heirs, all that (here describe the property) _____ together with the appurtenances, to hold to them, the said A. B. and C. D., and the survivor of them, and the heirs of such survivor forever; in trust nevertheless, for the sole use and benefit of an Institution in Philadelphia, known by the name of ‘The Contributors to the Asylum for the relief of persons deprived of the use of their reason,’ and upon this further trust, absolutely to dispose of, and convey the same, either in fee, or for such other estate, and in such way and manner, as the Contributors to the said Asylum shall, at any meeting or meetings, order, direct and appoint.”



✂ The Annual Meeting of the Contributors to the Asylum for the Relief of Persons deprived of the use of their Reason, will be held on fourth-day, the 14th of the Third month, 1860, at 3 o'clock, P. M., in the Arch street Meeting-house.

MANAGERS OF THE ASYLUM FOR 1859—60.

CLASSED TO VISIT THE ASYLUM WEEKLY ON SEVENTH-DAY.

FROM 3rd mo. 16th to 4th mo. 11th.	{ William L. Edwards, No. 129 Arch street. George G. Williams, No. 430 N. Fifth st. Richard Richardson, No. 522 Arch street.
4th mo. 11th to 5th mo. 9th.	{ Richard Richardson. Elihu Roberts, N. E. cor. Race & Jacoby st. Wistar Morris, No. 209 South Third street.
5th mo. 9th to 6th mo. 13th.	{ Elihu Roberts. Wistar Morris. Samuel Bettle, Jr., No. 149 N. Tenth street.
6th mo. 13th to 7th mo. 11th.	{ Samuel Bettle, Jr. Samuel Morris, near Olney. Nathan Hilles, Frankford.
7th mo. 11th to 8th mo. 8th.	{ Samuel Morris. William Hilles, Frankford. Nathan Hilles.
8th mo. 8th to 9th mo. 12th.	{ William Hilles. Jeremiah Hacker, No. 316 S. Fourth street. John Carter, No. 329 S. Twelfth street.
9th mo. 12th to 10th mo. 10th.	{ Jeremiah Hacker. John Carter. John C. Allen, No. 335 South Fifth street.
10th mo. 10th to 11th mo. 7th.	{ John C. Allen. William Bettle, No. 426 N. Sixth street. John M. Whitall, No. 1317 Filbert street.
11th mo. 7th to 12th mo. 12th.	{ William Bettle. John M. Whitall. Mark Balderston, No. 320 N. Sixth street.
12th mo. 12th to 1st mo. 9th, 1860.	{ Mark Balderston. Benj. J. Crew, No. 417 Marshall street. James Thorp, Frankford.
1st mo. 9th to 2nd mo. 13th.	{ Benjamin J. Crew. James Thorp. Elliston P. Morris, Germantown.
2nd mo. 13th to 3rd mo. 12th.	{ Elliston P. Morris. George G. Williams. William L. Edwards.



Engraved at J.M. Butler's Establishment "Joyous Building, Philad."

Forty-third Annual Report

ON THE STATE OF

THE ASYLUM,

FOR

THE RELIEF OF PERSONS

DEPRIVED OF THE

USE OF THEIR REASON.

PUBLISHED BY DIRECTION OF THE CONTRIBUTORS, THIRD MONTH 1860.

PHILADELPHIA :

PRINTED BY JOSEPH RAKESTRAW.

1860.

SUPERINTENDENT'S REPORT.

According to the rules of the Institution, which require the Superintendent once in each year, to present to the Managers a detailed account of the condition and operations of the Asylum, during the preceding twelve months, I herewith respectfully submit my report for the year ending Second month 29th, 1860, being the forty-third since the opening of the Institution.

There were remaining under the care of the Asylum at the time of the last Annual Report, sixty-two patients, and twenty-five have been received since, viz: twelve men and thirteen women, making a total of eighty-seven who have received the benefits of the Institution during the year. The highest number on the list at any time was seventy-two; the lowest fifty-seven; and the average number for the twelve months was sixty-two and one-twelfth.

Of the eighty-seven patients who have resided in the Institution during the year, four have died, and twenty-five have been discharged; of whom eleven were men, and fourteen were women; leaving fifty-eight, of whom twenty-nine are of each sex, under care at the present time.

Of the eleven men discharged, six were restored, two were improved, and three were stationary. Of the fourteen women discharged, four were restored, two were much improved, three were improved, and five were stationary. Of those who were discharged, four were in the Institution less than three months; four from three to six months; one from six months to a year, and one for more than a year; and the average duration of treatment of those who were restored, was four months and seven days.

Twenty-two cases have been subjected to special curative treatment, of whom thirteen were recent, and nine were chronic. Of the recent cases, nine have been discharged, of whom eight were restored, and one was much improved, and one died, and three remain under treatment; two of whom are restored, and one is improved. Of the nine chronic cases, two were discharged restored, one much improved, and one improved, and five remain; two of whom are much improved, and three are improved.

Four deaths have occurred during the year; in one case the attack of insanity was recent, the remaining three were chronic cases. The first case was that of a man thirty-one years of age, whose insanity, from the time of his admission, presented symptoms of a most fatal form of cerebral disease. He died about eight months after his entrance into the Asylum of Chronic Meningitis. Of the chronic cases, one was that of a man twenty-nine years of age. All remedies proved ineffectual to raise him from the low,

mental and physical condition in which he entered the Asylum, and after lingering for about five years he died of Chronic Diarrhœa. The second was that of a girl almost twenty years old, who died, after several years suffering, of Epilepsy, about two years after her admission into the Asylum. The last was that of a man fifty-one years of age, who had been an inmate of the Asylum nearly two years. He died of Chronic Bronchitis.

Statistics.—The value of Asylum Statistics is variously estimated by different writers; some of whom are disposed to consider them of little utility. As they, however, compose a considerable portion of the Annual Reports of most Institutions, it may be concluded that the general sentiment of those who are engaged in the treatment of the Insane, is in their favor. Much of our present knowledge on the subject of Insanity, has been obtained from the accumulation and comparison of facts from a great number of Institutions in different countries; and there appears to be no reason why we should not expect, that it will be still further increased and perfected by a continuance of the same means. The following statistical tables have been carefully prepared from the register, which has been kept since the opening of the Institution; and in order that they may be more available for reference, as well as of more value in themselves, each year's statistics contain a summary of all that have preceded.

TABLE I.—Showing the number of patients of each sex discharged, their condition at the time of discharge; the number at present in the House, and the whole number admitted since the opening of the Institution.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Discharged—Restored,	336	300	636
“ Much improved,	56	59	115
“ Improved,	86	87	173
“ Stationary,	117	118	235
“ Died,	102	93	195
Remaining,	29	29	58
Total,	726	686	1412

TABLE II.—Showing the sex and civil state of 1412 patients as far as recorded.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Single,	364	303	667
Married,	244	251	495
Widowers and Widows,	33	66	99
Unknown,	85	66	151
Total,	726	686	1412

TABLE III.—Showing the duration of Insanity in 1412 cases as far as recorded.

	<i>Men.</i>	<i>Women.</i>	TOTAL.
Less than one year,	415	383	798
From 1 to 5 years,	187	187	374
“ 5 “ 10 “	43	39	82
“ 10 “ 20 “	29	26	55
“ 20 “ 30 “	18	16	34
“ 30 “ 40 “	0	8	8
“ 40 “ 50 “	8	9	17
Unknown,	26	18	44
Total,	726	686	1412

TABLE IV.—Showing the age of 1412 patients at the time of their admission.

	Men.	Women.	TOTAL.
Under 20 years of age,	44	54	98
From 20 to 30	224	194	418
“ 30 “ 40	172	145	317
“ 40 “ 50	100	138	248
“ 50 “ 60	99	89	188
“ 60 “ 70	54	42	96
“ 70 “ 80	20	16	36
“ 80 “ 90	3	7	10
“ 90 “ 100		1	1
Total,	726	686	1412

TABLE V.—Showing the residence of 1412 patients.

Pennsylvania,	996	<i>Brought forward,</i>	1391
New Jersey,	204	Canada,	5
Maryland,	57	Alabama,	3
Delaware,	38	Louisiana,	3
New York,	27	District of Columbia,	2
North Carolina,	19	West Indies,	2
Virginia,	18	Georgia,	2
Massachusetts,	12	South Carolina,	2
Ohio,	9	Florida,	1
Missouri,	4	Michigan,	1
Rhode Island,	4		
Indiana,	3		
<i>Carried forward,</i>	1391	Total,	1412

TABLE VI.—Showing the occupation of 726 male patients as far as recorded.

Farmers,	179	<i>Brought forward,</i>	394	<i>Brought forward,</i>	435
Merchants,	37	Tailors,	3	Brush-maker,	1
Clerks,	36	Cabinet-makers,	3	Dyer,	1
Tanners & Curriers,	21	Shoemakers,	3	Carman,	1
Physicians,	14	Brokers,	3	Brewer,	1
Teachers,	12	Laborers,	3	Overseer,	1
Carpenters,	11	Publishers,	2	Plasterer,	1
Lawyers,	9	Machinists,	2	Tinman,	1
Students,	9	Dentists,	2	Gardener,	1
Manufacturers,	8	Navy Officers,	2	Confectioner,	1
Druggists,	7	Silversmiths,	2	Segar-maker,	1
Inn-keepers,	6	Millers,	2	Gold-beater,	1
Blacksmiths,	5	Masons,	2	Hatter,	1
Stone-masons,	5	Bricklayers,	2	Whip-maker,	1
Operatives,	6	Coopers,	2	Livery-stable keeper,	1
Artists,	4	Engineer,	1	Wheelwright,	1
Printers,	4	Watch-maker,	1	Contractor,	1
Painters,	4	Potter,	1	Sexton,	1
Sailors,	4	Shop-keeper,	1	Book-binder,	1
Butchers,	4	Coach-trimmer,	1	Watchcase-maker,	1
Clergymen,	3	Cashier of Bank,	1	None,	1
Planters,	3	Saddler,	1	Unrecorded,	257
Jewellers,	3	Engraver,	1		
<i>Carried forward,</i> 394		<i>Carried forward,</i> 435		Total,	726

TABLE VII.—Showing the cause of Insanity in 535 cases.

	<i>Men.</i>	<i>Women.</i>	<i>TOTAL.</i>
Ill-health,	42	80	122
Intemperance,	76		76
Domestic trouble,	16	61	77
Puerperal,		31	31
Loss of property,	25	3	28
Excitement about religion,	6	17	23
Organic disease of brain,	17	5	22
Anxiety,	10	10	20
Disappointment,	5	16	21
Masturbation,	17	2	19
Epilepsy,	12	5	17
Grief,	1	13	14
Over-exertion,	6	7	13
Abuse of Opium,	2	7	9
Blow on head,	6		6
Fear,	3	3	6
Old age,	3	2	5
Jealousy,	2	3	5
Excessive study,	2	1	3
Sudden wealth,	1	2	3
Insolation,	2	1	3
Syphilis,	2	1	3
Hardship and Exposure,	2	0	2
Nostalgia,	0	2	2
Excessive use of tobacco,	0	1	1
Healing of Ulcer,	1	0	1
Poison of Lead,	1	0	1
Pawnychia,	0	1	1
Spiritualism,	1	0	1
Total,	261	274	535

TABLE VIII.—Showing the age at the time of the first attack of Insanity in 627 cases, admitted since 1842.

	<i>Men.</i>	<i>Women.</i>	<i>TOTAL.</i>
Under 20 years,	63	53	116
From 20 to 30,	113	99	212
“ 30 “ 40,	60	59	119
“ 40 “ 50,	34	54	88
“ 50 “ 60,	25	25	50
“ 60 “ 70,	11	13	24
“ 70 “ 80,	7	8	15
“ 80 “ 90,	0	3	3
Total,	313	314	627

General health of the Insane.—In a disease like Insanity, affecting an organ of such extensive sympathies as the brain, it is no more than reasonable to expect, that the healthy tone of all the other organs would be more or less disordered, and that they would, in some degree, participate in its morbid condition. We accordingly find among the insane generally, a low standard of vital activity, diminution of nervous energy, inability to bear much fatigue, and a tendency to various forms of chronic diseases; the principal of which are, affections of the bowels, and pulmonary consumption; while they are less liable than persons in ordinary health, to all acute inflammatory diseases; unless it be that of the brain itself. It is therefore highly important, in order to counteract this tendency, that the insane should be placed under the most favorable hygienic influences; that they should breathe a pure, warm, and dry atmosphere; that they should have ample opportunities for physical exercise, either in the open air, or in inclement weather, in suitable sheltered apartments; that their food should be abundant and nutritious, and that their surroundings generally, as far as practicable, should be of a cheering and elevating character. By attention to the above requirements, it has been our endeavor to keep up the highest possible standard of physical health among our patients; and during the past, as in former years, we have been rewarded for our care in this respect, by the general healthy appearance of our inmates, and their comparative exemption from those chronic disorders, to which the insane are specially liable.

Advantages of early Hospital treatment of Insanity.—

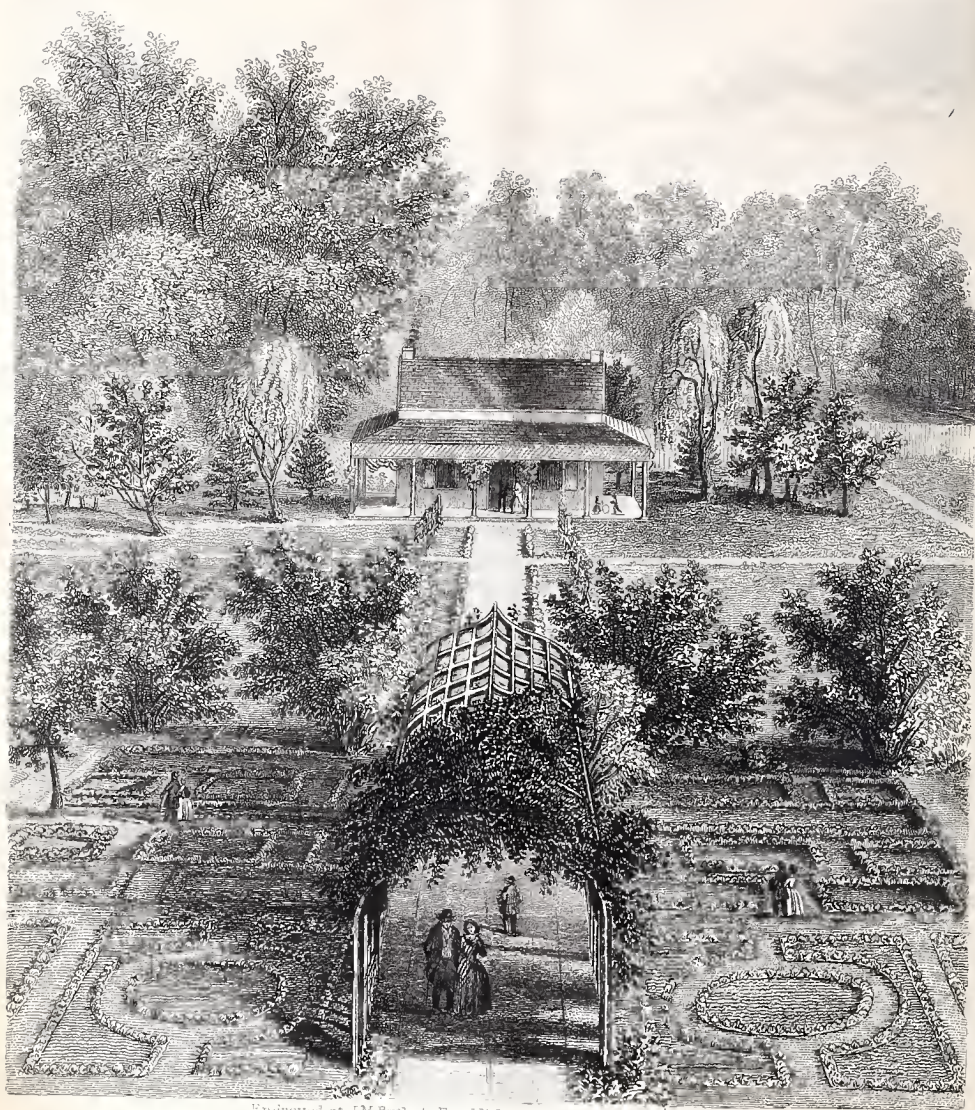
It is, perhaps, owing in great measure to the want of proper tact and address in the domestic management of the insane, that so many of them imbibe those feelings of prejudice and dislike to their nearest friends and kindred, which are known to characterize the disease. The feeling of timidity, which many persons unaccustomed to intercourse with the insane, experience in their presence, is inconsistent with the calmness and self-possession which are necessary for the proper exercise of the judgment, and of that ready tact, which is so indispensable in their management. This feeling is soon perceived and taken advantage of by the insane, and is apt to produce in them an arbitrary and domineering disposition; while the deception and want of candor, sometimes practised towards them, give rise to feelings of irritation and dislike, rendering it almost impossible, in private families, to subject them to any moral restraints, and to apply the remedies required for their restoration. In many other chronic affections, one of the most essential requisites to recovery, is an entire change of residence and of the habits and associations of the patients; and in no disease, perhaps, is such a change more useful than in insanity; and in no way can it be effected so advantageously, as by resorting to a well-conducted Asylum. An institution of this kind, where the inmates, in addition to every provision that can be made for the preservation and restoration of their physical health, are furnished with pleasant and useful occupation, and under the care and oversight of officers and attendants familiar with every changing aspect of their disorder,

are entertained by a great variety of healthful and innocent recreations and amusements, present advantages for the curative treatment of insanity, which can be obtained in no other way. Unhappily, the remains of ancient prejudices, in measure kept alive by the common, but improper use of terms, such as "mad-house," "cell," "keeper," &c.; which, however appropriate to institutions of a former period, cannot with any propriety, be applied to those of the present day; and the too prevalent feeling, that insanity brings disgrace upon its subjects, are the means, in many instances, of preventing the removal of the insane to these institutions during the curable stage of their disorder. There is really no reason why persons affected with disease of the brain and nervous system, producing derangement of their appropriate functions, should be reproached with their infirmity, any more than there is that the sufferer from disease of the stomach, liver, or lungs, should be treated in the same manner; yet there are many persons who, from dread of what they consider an unnecessary exposure, would prefer keeping an insane relative or friend at home, rather than give publicity to his case, by sending him to an Asylum. Under the influence of this feeling, patients are sometimes retained in their families until their situation becomes desperate; and when they are at last sent to the Asylum, it is because their symptoms have become so urgent, as completely to set at nought all the efforts that would be made to control them. The effect of such delay, is generally to aggravate all the symptoms and to prolong the sufferings of the patient. The most favorable period for the successful use of remedies

is allowed to pass by, and sometimes even the hopes of recovery may be altogether sacrificed, by the disease becoming incurably fixed, before proper measures are taken for its removal. Experience has proved, that no disease of equal severity is more amenable to remedies than insanity, if placed under treatment in its early stages ; and the statistics of the Asylum will show that about eighty per cent. of all cases of the disease of less than six months duration, may be restored to the use of reason ; while not more than twenty per cent. of those of a greater duration than one year, recover. It may be laid down as a general rule, that the earlier a patient is placed under the care of a well-conducted Asylum, the more favorable is his prospect of recovery, and the less time will be required to effect it. The average duration of treatment of all cases which have been restored in the Asylum during the last ten years, is about twenty weeks ; while the cost of maintenance of a patient may, by an injurious, unwise delay, be protracted for a life-time. There are, therefore, strong considerations, even in a pecuniary point of view, in favor of placing the insane, at an early period of their malady, under the care of an institution, where they can receive the most efficient medical and moral treatment.

Moral Management of the Insane.—To remove the insane from the reach of all the influences that have contributed to the production of their disease, and from the associations, in the midst of which it had its origin, and which tend to revive painful impressions, and to place them in situations where they will be protected

from all that is perplexing and annoying in the ordinary affairs of life ; where they will be surrounded by objects calculated to please and interest them, and thus to soothe their excited feelings, and call off their minds from the contemplation of their delusions, are the objects which are sought to be attained by placing them in an Asylum. Such an institution ought, therefore, always to be located in the country, and surrounded by handsome and well-kept grounds ; its exterior ought to be attractive and cheerful, and its interior arrangements such as are likely to produce a feeling of satisfaction and comfort. Good diet, cheerful apartments and furniture, and the comforts of home, as far as they can be provided, are hence indispensable requisites and constitute the very ground-work for the successful moral treatment of insanity. Employment in some useful pursuit, as far as the capabilities of the patients will permit, is one of the means best calculated to diminish their morbid irritability and to make them better satisfied with themselves and all around them. Occupation for the mind in reading, in the study of languages, and drawing, and the exercise of the thinking faculties, necessary for playing some simple game, are highly useful, by pre-occupying the mind and excluding disordered fancies. Recreations and amusements seem to fill up portions of time which might otherwise be unoccupied, and games of different kinds by creating a spirit of rivalry, and thus strongly exerting the interest of the patients, are in some cases among the best means that can be used for directing the thoughts into healthy channels.



Engraved at J.M. Butler's Establishment, Jaynes Building, Philad^a.

GARDEN AND LIBRARY
AT
FRIENDS' ASYLUM FOR THE INSANE.
PHILADELPHIA.

Occupation and Recreation.—The same means have been employed for furnishing to our inmates the employment and recreation so necessary to their well-being, as have been fully described in previous reports. A number of the men have been employed, for a few hours daily in pleasant weather, in keeping the grounds in order, laying out new or repairing old walks, in gardening, or in labor on the farm; while the women occupy themselves in sewing, knitting, quilting, and embroidery. In these various modes, all who are able and willing have the opportunity of being employed. The physical exercise is beneficial to all who are engaged in out-door labor, and some of them derive additional advantage from the interest they take in their work, and the satisfaction its performance gives them. A considerable number of the male patients enjoy the benefit of physical exercise and of agreeable mental excitement, at the same time, in riding on the circular railroad, and in playing at quoits, ball, and battledoor. The women also amuse themselves in riding on the railroad, in throwing and catching the ball, and in the games of battledoor and graces. All of the patients of both sexes, except those who are prevented by too great excitement or by sickness, take long walks daily in fine weather on the grounds or in the neighborhood, and the carriage is frequently used for the benefit of the patients.

A portion of each day is set apart for the use of the Library by the patients of each sex, the men and women occupying it at different hours. This building—which was erected in 1839, for the special use of the

patients as a library and reading-room, is pleasantly situated on the border of a beautiful wood, in a lawn of one acre in extent, planted with handsome evergreens and ornamented with flowers and shrubbery, at a distance of several hundred feet from the main building. It is comfortably warmed in winter, and is in daily use during the whole year; thus affording at all seasons a pleasant change from the comparative monotony of the wards. It is fitted up with cases for books, stuffed birds and animals, and for corals, shells and minerals. The collection of books has been largely increased during the year, by the addition of choice works in the various departments of literature, and many of the old volumes were re-bound in handsome and durable bindings. All the books have been re-numbered, and a new catalogue has been made of them by a patient, who seemed to derive much gratification from his labor. Besides the above named objects of interest, the walls are hung with engravings in neat frames, and a large portfolio also contains an additional number of engravings.

In the wards, where the patients of necessity spend much time, especial care is taken to furnish all who can be induced to take an interest in them, with a variety of employments and amusements. In their respective parlors and day-rooms, the different classes of female patients, besides materials for sewing and knitting, are provided with books, pictures, stereoscopes, games, battledoor, &c., so that there may be always at hand some means for varying from a too

regular routine, which might become fatiguing. In the ward occupied by the most excited class of female patients, particular attention has been paid to making their accommodations cheerful and comfortable, and to employing them regularly, as far as possible, in sewing and other suitable occupation. Though a number of framed engravings have hung upon the walls of their day-room during the year, no instance has occurred of any injury being done them; and it is a truly interesting spectacle to behold patients, who at times are subject to uncontrollable excitement, in the intervals of their paroxysms sitting quietly, and engaged in sewing, quilting, or reading. The men are also furnished with books, writing and drawing materials, and games and puzzles of different kinds; and in the ward for the convalescent, a number of them may be seen, at almost any time, engaged in reading, writing, or drawing, or deeply interested in some game. One patient, an artist, employs much of his time in painting in oil or water colors, and has produced a number of pictures, which have been framed and hung up in one of the wards, and in giving lessons in drawing to his fellow-patients. Another, a clerk by profession and an excellent penman, often makes himself useful by copying any writing that may be desired; and a third, formerly a teacher, draws diagrams, and explains to his audience the motions of the heavenly bodies. During the winter evenings, a series of Lectures and Exhibitions with the Magic Lantern have been given, and the Lantern has been improved by the substitution of Achromatic

for ordinary lenses; and an addition has been made to the collection of slides, so as to give increased interest and variety to the exhibitions. A number of patients frequently assemble in the Matron's parlor, and pass the evening in pleasant conversation, or in the examination of any new object of interest that may have been procured. Occasionally a handsome entertainment is given, to which all the patients of both sexes, who are well enough to enjoy the privilege, are invited. The opportunity thus afforded them of mingling in social intercourse is much prized by the patients, and when properly guarded, it is believed to exercise a salutary influence. The natural desire to please is sufficiently strong to induce many patients to suppress all evidence of their delusions, which they appear to put aside, as if conscious for the time of their unreality. Their conduct towards each other has always been courteous and respectful, and in no instance has it ever been marked by the slightest impropriety.

Conclusion.—During the past year gas has been introduced for lighting the Asylum buildings. This improvement has been a source of satisfaction to every member of the family; and the patients, as well as officers and attendants, have felt it to be a great addition to their comfort and convenience.

In conclusion I would express the wish, that the Asylum, with its increased facilities for carrying out a thorough system of medical and moral treatment,

may continue to dispense its benefits to the afflicted class for whose relief it has been provided; and, that the blessing of Providence may rest upon our labors in behalf of those committed to its care.

J. H. WORTHINGTON.

Philadelphia, Third month 1st, 1860.

FORTY-THIRD ANNUAL REPORT
OF THE
MANAGERS OF THE ASYLUM,
TO THE CONTRIBUTORS.

The Managers present to the Contributors the following report of the state of the Institution under their care.

There were, at the date of our last report, sixty-two patients under care; since which time twenty-five have been admitted, making the whole number in the Asylum, during the year, eighty-seven. Of these, twenty-five have been discharged, and four died. Of the patients discharged, ten were restored, seven improved, and eight without material improvement. The number on our list on the first instant was fifty-eight,—of whom three were restored, seventeen improved, and thirty-eight stationary. The average number of patients has been sixty-two and one-twelfth.

The Treasurer's report exhibits a balance in his hands, on the first instant, of \$159 05 on the general account. On account of the Trust Legacies, the income of which is applicable to the relief of certain classes of patients in restricted circumstances, there was a balance of \$56 62.

The expenditures of the year have been as follows:—

Farm and Family account, including	
repairs, renewal of furniture, &c.,	\$9,265 63
Salaries and wages, - - - -	5,750 95
Medical Department, - - - -	403 58
Printing, advertising, insurance, &c.,	331 70
Annuities, \$300; Incidentals, \$582,	882 00
Placing City Gas Pipe on public road,	1,066 40
Introduction of Gas into the Asylum	
buildings, - - - - -	1,082 00
Dwelling-house for Superintendent, -	4,116 87
Total, -	<u>\$22,899 13</u>

The amount charged for Board of Patients during	
the year, has been - - - - -	-\$18,196 83
Interest and ground-rents received, -	765 52
Donation from a Friend to the Insti-	
tution, \$1,000; Legacy of Ann Mifflin,	
\$501 9; of Catharine W. Morris, \$285, -	1,786 09
Temporary loans, - - - - -	1,582 95
Total, -	<u><u>\$22,331 39</u></u>

The products of the Farm have been, in part, as follows: 517 bushels of potatoes, 58 bushels of wheat, 34 wagon-loads of hay, 648 pounds of veal, an ample supply of vegetables for the use of the family, and the usual amount of poultry, milk, butter, &c.

Within the past year it became desirable to provide a separate dwelling for the Superintendent; and on duly considering the subject, it was concluded to

erect a neat and substantial stone building, of moderate dimensions, on the Asylum premises, near the gate of entrance. This object has been effected at a cost of about \$4,200.

The propriety of lighting the Asylum with gas, is a subject which has frequently claimed the consideration of the Managers; but the great distance for which supply-pipes would have had to be laid, and the consequent expense, had discouraged them from undertaking it. More recently, the gas mains having been advanced further in the direction of the Asylum, it was found that a deposit of about one thousand dollars would secure their extension along the public road to the Asylum premises. In view of the decided advantage of gas over other modes of lighting in point of safety, economy, and the comfort of the patients and family of the Institution, the Managers did not hesitate to make this arrangement. The money deposited will, it is expected, at some future time, when the consumers of gas on the line of the road are increased, so as to require a certain amount of it, be returned to the Asylum. An additional expense of \$1,082 has been incurred in introducing the pipes into the Asylum buildings and the Superintendent's dwelling, and in providing the necessary fixtures, which has been done on a liberal scale, and in a manner calculated to meet any probable prospective wants in case of an extension of any of the buildings. The effect of lighting with gas has been to diffuse an air of increased cheerfulness throughout the whole establishment, and will, we trust, not be

without a salutary influence on the patients committed to our charge,—the restoration, improvement, or comfort of whom should be the ultimate object of all our endeavors.

An important part of the treatment of the Insane is, their judicious employment and amusement, conducing in an eminent degree to the alleviation and cure of their afflicting malady. The many and varied means of employing and amusing the patients hitherto in use have been resorted to during the past year, and with much advantage. The subject of devising, if possible, some new means of promoting both exercise and mental recreation, more especially when the state of the weather precludes employment out of doors, has claimed the attention of the Managers. It is believed that an additional building for this special purpose may be needed.

We gratefully acknowledge the reception of legacies from our late esteemed friends, Ann Miffin and Catharine W. Morris; also, the acceptable donation of \$1,000 from an aged and much respected Friend, who was one of the Founders and early Managers of the Asylum. We trust that other friends of the afflicted may do likewise.

The Annual Report of the Superintendent to the Managers, which is herewith submitted, will furnish fuller and more detailed information to the Contributors respecting the operations of the past year. Our Superintendent has, we think, ably and faithfully ful-

filled the responsible duties of his office, and the Asylum is at present, we apprehend, in a condition of good order and efficiency, at least equal to that of any former period. We trust that, through the kindness of an overruling Providence and the continued liberality of our friends, it may long continue to be a blessing to the afflicted.

Signed by direction and on behalf of the Managers,

CHARLES ELLIS, *Clerk.*

Philadelphia, Third month 12th, 1860.

OFFICERS AND MANAGERS.

CLERK OF THE CONTRIBUTORS,

William Bettle, No. 426 North Sixth Street.

TREASURER,

Horatio C. Wood, No. 612 Race Street.

CLERK OF THE BOARD OF MANAGERS,

Charles Ellis, No. 1724 Chestnut Street.

PHYSICIAN AND SUPERINTENDENT,

Joshua H. Worthington, M. D.

MATRON,—Margaret H. Worthington.

MANAGERS.

George G. Williams,
 Samuel Bettle, Jr.
 Charles Ellis,
 Jeremiah Hacker,
 William Bettle,
 James Thorp,
 Horatio C. Wood,
 John C. Allen,
 John Carter,
 John M. Whitall,

Mark Balderston,
 Benjamin J. Crew,
 Richard Richardson,
 Wistar Morris,
 Samuel Morris,
 Elihu Roberts,
 Elliston P. Morris,
 William L. Edwards,
 Nathan Hilles,
 David Scull.

COMMITTEE ON ADMISSIONS.

Samuel Bettle, Jr., No. 149 North Tenth Street.

Charles Ellis, No. 1724 Chestnut Street, and No. 724 Market Street.

William Bettle, No. 426 North Sixth Street, and No. 26 South Third Street.

John C. Allen, No. 335 South Fifth Street, and No. 321 North Front Street.

Horatio C. Wood, No. 612 Race Street, and No. 117 Chestnut Street.

John M. Whittall, No. 1317 Filbert St., and No. 410 Race Street.

Wistar Morris, No. 209 South Third Street.

William L. Edwards, No. 602 North 22nd Street, and No. 8 North Front Street.

Nathan Hilles, Frankford.

Elliston P. Morris, Germantown, and No. 805 Market Street.

INFORMATION RESPECTING THE ADMISSION OF
PATIENTS INTO THE ASYLUM.*

The Institution is open for the reception of all classes of the Insane, without regard to the duration or curability of the disease. It is proper to state, however, that idiots or persons affected with mania-a-potu are not considered suitable subjects for this Asylum.

Previous to a patient being taken to the Institution, it is necessary to arrange the rate of board with the Committee on Admissions, and to furnish them with a Certificate of insanity from some respectable physician, accompanied by a request from a guardian, near relative, or friend, that the individual may be received into the Asylum.

For the payment of board, &c., a Bond must be signed by some responsible persons as sureties, one of whom must reside in or near Philadelphia.

The charge for board includes washing, medicines, medical attendance, &c.

If private attendants are deemed necessary, or desirable, they can at all times be furnished, by a special arrangement with the Superintendent.

The following are the forms for Physician's Certificate, for the Request for Admission, and for the Bond.

* Letters sent by mail to the Asylum, should be directed "Frankford Post Office," Philadelphia.

PHYSICIAN'S CERTIFICATE.

HAVING on the day of mo. 18 , examined
 of aged years, I hereby certify from
 my own knowledge, that is in a state of insanity, and
 proper to be received into a house provided for the relief of persons of
 that description.

I further certify, that the Answers annexed to the following Questions are correct, as far as I can judge.

18

Physician.

A thorough knowledge of the history of cases of Insanity being important to those concerned in their treatment, the friends of patients applying for admission into the Asylum, are particularly requested, with the aid of the Physician, to furnish full and explicit Answers to the following

QUESTIONS.

1. Is the patient single or married? What has been the patient's occupation?

Answer.

2. What is supposed to be the cause of this attack of insanity?—When and how did it first show itself?

Answer.

3. On what subjects, or in what way is derangement *now* manifested? Have there been any fixed delusions? Is the patient rational at intervals?

Answer.

4. What has been the duration of the present attack? Have there been one or more previous attacks, and if so, of what duration and at what age?

Answer.

5. What relatives of the patient, including grand-parents and their descendants, have been insane?

Answer.

6. Had the patient previously been subject to Epilepsy, diseases of the skin, discharges or sores, or any other bodily disease; or, had he or she received any injury of the head?

Answer.

7. What derangement of the general health has accompanied the mental disorder?

Answer.

8. Was the patient noted for any eccentricity or peculiarity of temper, habits, disposition or pursuits?

Answer.

9. Is the patient noisy or violent, or disposed to injure him or herself or others? If so, in what manner?

Answer.

10. Has the patient ever attempted suicide? If so, in what way? Is there *now* any propensity of the kind?

Answer.

11. Is the patient addicted to any mischievous practices, such as destroying clothing, breaking glass, furniture, &c.? What are the habits as regards eating, sleeping, and cleanliness?

Answer.

12. Has the patient been addicted to the use of ardent spirits, tobacco, opium, or any other stimulants?

Answer.

13. Has restraint or confinement been employed; if so, of what kind and how long continued?

Answer.

14. State the general course of medical and moral treatment which has been pursued, and the effects observed therefrom?

Answer.

Please mention any other circumstances which may serve to throw light on the case.

REQUEST.

Request that _____ who is in a state of insanity, may be admitted as a Patient into the "Asylum for the Relief of Persons deprived of the use of their reason."

BOND.

APPLICATION is hereby made for the admission of _____ as a patient into the Asylum for the relief of persons deprived of the use of their reason; upon whose admission, we severally engage to provide a sufficiency of suitable clothing for _____ use whilst

there; to pay to Superintendent of said Institution, or to his assigns or successor in office, dollars per week, for board; and not less than four weeks' board to be paid under any circumstances; the said charge for board to be continued until shall be regularly discharged; and to make compensation for all damages done by to the glass, bedding, or furniture, and to cause to be removed when discharged;—but if taken away *uncured*, against the advice and consent of the Superintendent before the expiration of three calendar months, to pay board for thirteen weeks.

Witness our hands and seals, this day of A. D. 18

WITNESS.

(L. S.)

(L. S.)

The foregoing preliminaries having been complied with, an order is given by the Committee on Admissions, authorizing the Superintendent of the Asylum to receive the patient.

OF THE VISITORS TO THE ASYLUM.

When near relations or particular friends of patients, desire to be admitted to see their connexions, application must be made to the Superintendent, who may allow such visits, when circumstances will admit.

As the general admission of visitors would be improper and injurious to the patients, no persons, except as above, shall be admitted to the apartments occupied by patients, unless introduced by a Manager; but on application to the Superintendent, they may be shown such parts of the building and appendages as are not so occupied.

In order to preserve quiet on the first-day of the week, visiting on any account on that day, either in the house or on the premises, will not be permitted, unless under very peculiar circumstances.

ANNUITIES.

A mode of obtaining contributions by annuities, not much known amongst us, but familiar to Friends in England, has been agreed on by the Contributors. On paying any sum of money to the Trea-

surer, for the use of the Institution, interest of six per cent. thereon, is annually to be paid to the annuitant; at whose decease the interest money ceases, and the principal remains the property of the Asylum. This mode will probably be convenient to many who are desirous of promoting the designs of the Institution, and yet do not prefer making any considerable donation during their lifetime.



FORMS OF LEGACY.

I. FORM OF A BEQUEST OF PERSONAL ESTATE.

"I give and bequeath to A. B. and C. D., and the survivor of them, and the executors and administrators of such survivor, the sum of _____ in trust for the use of an Institution in Philadelphia, known by the name of 'The Contributors to the Asylum for the relief of persons deprived of the use of their reason,' and to be paid by the said Trustees to the Treasurer for the time being of the said Institution."

II. FORM OF A DEVISE OF REAL ESTATE.

"I give and devise to A. B. and C. D., and their heirs, all that (here describe the property) _____ together with the appurtenances, to hold to them, the said A. B. and C. D., and the survivor of them, and the heirs of such survivor forever; in trust nevertheless, for the sole use and benefit of an Institution in Philadelphia, known by the name of 'The Contributors to the Asylum for the relief of persons deprived of the use of their reason,' and upon this further trust, absolutely to dispose of, and convey the same, either in fee, or for such other estate, and in such way and manner, as the Contributors to the said Asylum shall, at any meeting or meetings, order, direct and appoint."



✎ The Annual Meeting of the Contributors to the Asylum for the Relief of Persons deprived of the use of their Reason, will be held on fourth-day, the 13th of the Third month, 1861, at 3 o'clock, P. M., in the Arch street Meeting-house.

MANAGERS OF THE ASYLUM FOR 1860—61.

CLASSED TO VISIT THE ASYLUM WEEKLY ON SEVENTH-DAY.

FROM 3rd mo. 14th to 4th mo. 9th.	{ William L. Edwards, No. 8 N. Front street. George G. Williams, No. 430 N. Fifth st. Richard Richardson, No. 522 Arch street.
4th mo. 9th to 5th mo. 14th.	{ Richard Richardson. Elihu Roberts, N. E. cor. Race & Jacoby st. Wistar Morris, No. 209 South Third street.
5th mo. 14th to 6th mo. 11th.	{ Elihu Roberts. Wistar Morris. Samuel Bettie, Jr., No. 149 N. Tenth street.
6th mo. 11th to 7th mo. 9th.	{ Samuel Bettie, Jr. Samuel Morris, near Olney. Nathan Hilles, Frankford.
7th mo. 9th to 8th mo. 13th.	{ Samuel Morris. Nathan Hilles. David Scull, No. 815 Arch street.
8th mo. 13th to 9th mo. 10th.	{ David Scull. Jeremiah Hacker, No. 316 S. Fourth street. John Carter, No. 329 S. Twelfth street.
9th mo. 10th to 10th mo. 8th.	{ Jeremiah Hacker. John Carter. John C. Allen, No. 335 South Fifth street.
10th mo. 8th to 11th mo. 12th.	{ John C. Allen. William Bettie, No. 426 N. Sixth street. John M. Whitall, No. 1317 Filbert street.
11th mo. 12th to 12th mo. 10th.	{ William Bettie. John M. Whitall. Mark Balderston, No. 320 N. Sixth street.
12th mo. 10th to 1st mo. 14th, 1861.	{ Mark Balderston. Benj. J. Crew, No. 417 Marshall street. James Thorp, Frankford.
1st mo. 14th to 2nd mo. 11th.	{ Benjamin J. Crew. James Thorp. Elliston P. Morris, Germantown.
2nd mo. 11th to 3rd mo. 11th.	{ Elliston P. Morris. George G. Williams. William L. Edwards.

Forty-second Annual Report

ON THE STATE OF

THE ASYLUM,

FOR

THE RELIEF OF PERSONS

DEPRIVED OF THE

USE OF THEIR REASON.

PUBLISHED BY DIRECTION OF THE CONTRIBUTORS, THIRD MONTH 1859.

PHILADELPHIA :

PRINTED BY JOSEPH RAKESTRAW.

1859.

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2-11-1932





